



SARA, 51 years old:

## MORE SUSTAINABLE ENJOYMENT — THIS IS HOW IT WORKS!

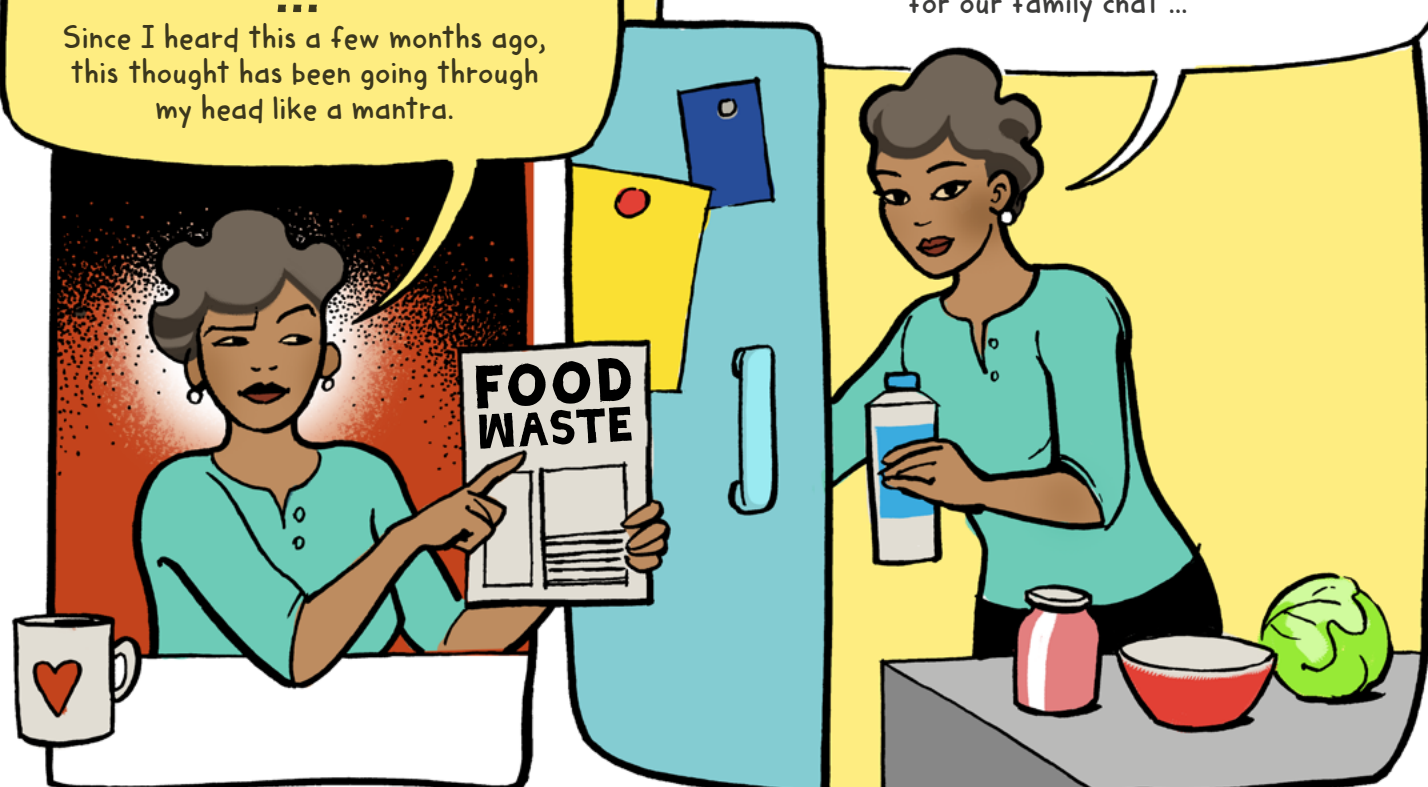
What we eat and buy has an impact on our health, the environment, the economy, and on humans and animals — both in Switzerland and in other countries. How can we make sure our influence is as positive as possible? How can we eat in a way that is healthy and sustainable? Here are some ideas...

### (3) The Food Waste Avoider

**You could feed half of ALL of the people in the world with the food that gets thrown away!**

... Since I heard this a few months ago, this thought has been going through my head like a mantra.

At the same time my guilty conscience has been getting worse every time I have had to throw away something from my refrigerator. And then I got an idea: I started sorting out the refrigerator once a week. I pushed the food that needed to be eaten soon to the front and took a photo for our family chat ...



... Then it's the turn of my husband and two teenagers to come up with menu ideas. Sometimes this results in some funny pairings — like fried eggs on strawberry yoghurt sauce — but there's usually something we can use. And if not, we find inspiration on the Internet or in apps:



... Well, sometimes you have to put in a bit more work into convincing. **But since we've put our trashcan on a diet and food waste has become a family issue**, we throw away a lot less food — and money. I think it has helped us to appreciate our food more and to become more **creative cooks** ;-)



TEEN 1.0  
status: **pouting**



About **1/3** of all produced food lands in the trash.



**Private households** are the second largest producers of food waste. Each person in Switzerland throws away an average of **92 kg** of food every year\*.



Effects of food waste: waste of energy, water, planting area and other resources, **unnecessary greenhouse gas emissions** and the related impact on climate change, rising prices for food on the global market and hunger.



The avoidance of food waste has a lot of advantages for humans and the environment — and also saves money (more than **600 CHF** per household each year).

\* This doesn't include unavoidable food waste such as kitchen waste, bones or foods that have been contaminated with pathogens despite correct storage.

## 👉 Tips: How to avoid food waste! 👈

Take a look in your refrigerator before you go shopping and make a shopping list.

Don't buy more than you really need.

Store food the right way so that it doesn't go bad.

Food stamped "Use by" needs to be consumed by the given date. Food that is stamped "Best before" are often still good to eat after the given date. Before throwing away food with a best-before date, use your senses (sight, smell, taste) to check whether it can still be eaten.

Use your creativity to make new dishes out of leftover food. You can find great recipes on the Internet.

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The contents of this comic are based on the research project "Sustainable and healthy diets", which was sponsored by the Swiss National Science Foundation.



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